

**Basic Report 03082, Babyfood, dinner, turkey and rice, strained**

Report Date:September 15, 2015 00:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g
<b>Proximates</b>								
Water	g	88.22	14.12	25.01	99.69	99.69	99.69	99.69
Energy	kcal	52	8	15	59	59	59	59
Protein	g	2.27	0.36	0.64	2.57	2.57	2.57	2.57
Total lipid (fat)	g	1.24	0.20	0.35	1.40	1.40	1.40	1.40
Carbohydrate, by difference	g	7.94	1.27	2.25	8.97	8.97	8.97	8.97
Fiber, total dietary	g	0.9	0.1	0.3	1.0	1.0	1.0	1.0
Sugars, total	g	1.66	0.27	0.47	1.88	1.88	1.88	1.88
<b>Minerals</b>								
Calcium, Ca	mg	18	3	5	20	20	20	20
Iron, Fe	mg	0.29	0.05	0.08	0.33	0.33	0.33	0.33
Magnesium, Mg	mg	8	1	2	9	9	9	9
Phosphorus, P	mg	34	5	10	38	38	38	38
Potassium, K	mg	91	15	26	103	103	103	103
Sodium, Na	mg	19	3	5	21	21	21	21
Zinc, Zn	mg	0.40	0.06	0.11	0.45	0.45	0.45	0.45
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.2	0.0	0.1	0.2	0.2	0.2	0.2
Thiamin	mg	0.022	0.004	0.006	0.025	0.025	0.025	0.025
Riboflavin	mg	0.040	0.006	0.011	0.045	0.045	0.045	0.045
Niacin	mg	0.648	0.104	0.184	0.732	0.732	0.732	0.732
Vitamin B-6	mg	0.052	0.008	0.015	0.059	0.059	0.059	0.059
Folate, DFE	µg	4	1	1	5	5	5	5
Vitamin B-12	µg	0.02	0.00	0.01	0.02	0.02	0.02	0.02
Vitamin A, RAE <sup>b</sup>	µg	81	13	23	92	92	92	92
Vitamin A, IU <sup>a</sup>	IU	1622	260	460	1833	1833	1833	1833
Vitamin E (alpha-tocopherol)	mg	0.14	0.02	0.04	0.16	0.16	0.16	0.16

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.5	0.2	0.4	1.7	1.7	1.7	1.7
<b>Lipids</b>								
Fatty acids, total saturated	g	0.338	0.054	0.096	0.382	0.382	0.382	0.382
Fatty acids, total monounsaturated	g	0.446	0.071	0.126	0.504	0.504	0.504	0.504
Fatty acids, total polyunsaturated	g	0.308	0.049	0.087	0.348	0.348	0.348	0.348
Cholesterol	mg	5	1	1	6	6	6	6
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0

**Footnotes**

<sup>a</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.

<sup>b</sup> Vitamin A values range widely due to differences in cultivar and proportion of carrots.